

Join us
as we do our
next
detox together

The Detox Party

Day 1 will begin
Wed. Jan 7th 2009

- You will receive more recipes
- Support and Encouragement
- Breathing instructions

Day 4
Detox Dinner will be
Provided at Pelletier's
Sat Jan 10 2009
RSVP by Jan 4 2009

Do you need to DETOX?

*Check how toxic you are by answering the questions
below*

Are you constantly tired?
Do you suffer from headaches?
Do you have aches and pains in your
joints?
Do you have bad breath?
Do you have skin rashes or eczema?
Do you suffer from night sweats?
Do you suffer from bloating and water
retention?
Do you suffer from constipation or
irritable bowel syndrome?
Do you often feel nauseated?
Do you suffer from indigestion?
Do you suffer from flatulence?
Is your skin dry and itchy?
Do you suffer from sinus problems?
Do you have dull hair?
Are your moods up and down?
Do you feel depressed or anxious?
Do you have problems sleeping?

*The more questions, you answered yes to the
more toxic you are and the more likely you
would benefit from a detox*

Back to basics

8 DAY DETOX PLAN



To a
healing body

Mini Nesa by
Kicak/Pelletier

Cleanse, Re-energize, Renew

What is a detox?

A cleansing of the internal system on the cellular level by flushing out the toxins through diet, skin brushing and rest, then feeding the body with healthy nutrients.

What are toxins?

Toxins are harmful substances that pollute and irritate our bodies putting a strain on the efficiency of our vital organs. When our systems become overburdened and unable to cope, toxins build up causing a negative impact on our general health

What are the signs of toxic overload ?

Headaches, fatigue, excess weight, rashes, colds, coughs, allergies are common ailments. Eventually, if toxins are not eliminated they lead to more serious diseases such as cancer and heart disease.

Benefits of a detox?

Rejuvenates and re- energizes the body, mind and spirit

Improves circulation and metabolism



Fruits and vegetables are detox foods

Strengthens the immune system.

Improves stress level.

Improves bowel patterns

Slows down the ageing process

Lowers the risk of minor illnesses and chronic disease

8 Day Detox Plan

Day 1 Pre- Fast Day

Eliminate all caffeine, meat, dairy
Eliminate all bread, pasta, cereal and processed food
Last meal of the day must be a raw salad
of fruits and vegetables, no salad dressing
Drink plenty of water or herbal tea (no green tea)

Day 2 –3 Fruit Fast Days

Begin the day with hot water and lemon
Skin brush upon waking
Choose one fruit for your fast

APPLES/GRAPES/PEARS/PAPAYA
MANGO/PINEAPPLE
WATERMELON

Eat only this one fruit all day
Drink plenty of water and herbal tea (no green tea)
Stay Home, Rest, Relax

It is important not to overtax the body by excessive exercise. Light exercise such as walking or yoga is encouraged.

Day 4– 8 Nourishing Days

Begin the day with hot water and lemon
Skin brush upon waking
Breakfast—any fruit

Lunch / Dinner- alternate between a raw salad or
steamed veggies
- DETOX SOUPS

(small amounts of olive oil, herbs, sprouts, almonds
Plenty of water, fresh juices, herbal teas (no green tea)

Back to Basics

Breakfast—fruit / oats/ nuts
Lunch / Dinner—same as in Day 4-8

Add the following

Day 9 - yoghurt

Day 10 - brown rice

Day 11 - fish or lentils

Day 12 - lean chicken



How often should I detox?

Detoxing 2 times a year is ideal

EAT 5-9 SERVINGS
OF VEGGIES AND
FRUIT A DAY

Who should not detox?

Diabetics
Pregnant and nursing women
People with kidney disease
People with eating disorders
People with any medical conditions that require medical supervision

When should I detox?

Always begin your detox,
the day before the weekend
so that you can rest on the hardest days
Day 2 and 3,
when you may experience cleansing reactions.

What symptoms will I feel?

Cleansing reactions may include
headache, muscle and joint pains, irritability,
mood swings, weakness, sleeplessness, lower
back pain, nausea, constipation, diarrhoea and
anxiety.

Other suggestions for eliminating toxins?

Skin brush everyday upon waking
Massage, reflexology, shaitzu, acupressure
Epsom Salt and Aromatherapy Baths
Sitz, Sauna and Steam Bath